

Forreston Jr./Sr. High School Athletic Department Summer Camp Information and Sports Physicals

PHYSICALS will once again be offered at a reduced rate by the Freeport Health Network. Physicals are required for all junior high and high school students participating in sports. The sports physicals will be given on **Tuesday, June 20, from 1:00 p.m. to 4:00 p.m.** Physicals will be given at the **FHN Family Healthcare Center-Forreston**. Call 815-938-3130 for appointments. The cost is \$25 and you must pay for your physical that day. If you are paying by check, please make the check payable to **FHN**. IHSA/IESA physical forms, and consent forms for physicals are available in the high school office or FVV website. These sports physicals are only good for sports and covers 396 days. This sports physical will not qualify for 6th and 9th grade entry for school. **(School entry physicals for 6th and 9th grade will work for sports physicals.)**

Sports physicals are not needed to attend camps.

Girls' Basketball Camp will be held June 19-22 in the **High School Gym**.

The times for the camp are as follows. Students entering:

Grades 9-12	10:00 a.m. – 12:00 p.m.	\$50.00
Grades 1-4	12:30 p.m. – 1:45 p.m.	\$35.00
Grades 5-8	2:00 p.m. – 3:30 p.m.	\$45.00

*If you have more than one child attending this camp, the cost is \$20.00 for each additional family member.

Boys' Basketball Camp will be held June 19-22 in the **High School Gym**.

The times for the camp are as follows. Students entering:

Grades 9-12	10:00 a.m. – 12:00 p.m.	\$50.00
Grades 1-4	12:30 p.m. – 1:45 p.m.	\$35.00
Grades 5-8	2:00 p.m. – 3:30 p.m.	\$45.00

*If you have more than one child attending this camp, the cost is \$20.00 for each additional family member.

Softball Camp will be held June 12-15 at Forreston High School **Cardinal Field Complex** (Friday is a rain date). The times for the camp are as follows. Students entering:

Grades 9-12	10:00 a.m. - 11:30 a.m.	\$50.00
Grades 1-4	12:00 p.m. - 1:30 p.m.	\$35.00
Grades 5-8	2:00 p.m. – 3:30 p.m.	\$45.00

*If you have more than one child attending this camp, the cost is \$20 for each additional family member.

Baseball Camp will be held June 12-15 at **Warnken Park** in Forreston (Friday is a rain date). The times for the camp are as follows. Students entering:

Grades 9-12	10:00 a.m. - 11:30 a.m.	\$50.00
Grades 1-4	12:00 p.m. – 1:30 p.m.	\$35.00
Grades 5-8	2:00 p.m. – 3:30 p.m.	\$45.00

*If you have more than one child attending this camp, the cost is \$20.00 for each additional family member.

Volleyball Camp will be held July 10-13 in the **High School Gym**. The times are as follows. Students entering:

Grade 1-5	11:15 a.m. -12:15 p.m.	\$35.00
Grades 6-8	9:00 a.m. - 11:00 a.m.	\$45.00
Grades 9-12	12:00 p.m. - 2:00 p.m.	\$50.00

*If you have more than one child attending this camp, the cost is \$20.00 for each additional family member.

Football Camp will be held July 24-27 on the **Football Practice Field** area behind the high school. The times are as follows. Students entering:

Grades 6-8	9:00 a.m. – 11:00 a.m.	\$45.00
Grades 1-5	11:15 a.m. - 12:15 p.m.	\$35.00
Grades 9-12	6:00 p.m. - 8:00 p.m.	\$50.00

*If you have more than one child attending this camp, the cost is \$20.00 for each additional family member.

Beginning Band Camp will be held August 14-17 in the **FHS/FJH Band Room**. This camp is for students entering 6th grade beginning band next fall. The cost is \$40.00, which covers a 30-minute daily lesson. Lessons are scheduled between 4:00 p.m.-8:30 p.m. A schedule of lessons will be mailed to campers prior to the start of camp.

Detailed brochures are available at all of the schools in the district and on the website. You may register your child with the enclosed registration forms, or you may fill out a form in one of the brochures. Please register your child as soon as possible to help the coaches plan the camps accordingly. Payment for the camps must accompany the registration form and ***separate checks (made out to FHS) need to be made for each camp, as they each have their own separate accounts.*** If you have any further questions, please contact the athletic office at 815-938-2175.